

CLAIMS

1. An agent for improving depression-like symptoms, which comprises D-ribose.
- 5 2. The agent for improving depression-like symptoms according to claim 1, wherein the depression-like symptoms are hypobulia, general fatigue, sluggishness, enervation, deterioration in concentration, memory impairment, abnormal sensation/obtundation such as impaired sight, decline in thinking power, indefinite complaint, drop in
10 operation efficiency, or feeling of malaise.
3. The agent for improving depression-like symptoms according to claim 1 or 2, wherein the depression-like symptoms are depression-like symptoms accompanied by mental overstrain or mental disorder.
4. The agent for improving depression-like symptoms according to
15 any one of claims 1 to 3, which comprises D-ribose in an amount of 10 mg to 100 g per day for an adult.
5. The agent for improving depression-like symptoms according to any one of claims 1 to 4, which further comprises at least one of a magnesium salt, an amino acid and carnitine.
- 20 6. The agent for improving depression-like symptoms according to any one of claims 1 to 4, which further comprises potassium magnesium aspartate.
7. A composition, which comprises D-ribose together with at least one of a magnesium salt, an amino acid and carnitine.
- 25 8. A food or drink for improving depression-like symptoms, which comprises D-ribose.
9. An agent for improving mental fatigue, which comprises D-ribose.